



Real Pilates Teacher Training

ROMANA'S CARD	REAL PILATES ORDER	JAY GRIMES ORDER
FOOTWORK HUNDRED Overhead Coordination Rowing I,II,III,IV,V,VI Swan Pull Straps I,II Backstroke Swimming Teaser Breaststroke Horseback Long Stretch Down Stretch Up Stretch Elephant Arabesque I, II, III Long Backstretch STOMACH MASSAGE I, II, III, IV, V Tendon Stretch SHORTSPINE MASSAGE Head: Front/ Back Semi-Circle Chest Expansion Thigh Stretch Backbend Front Chest Expansion I, II Swakate Snake/ Twist Corkscrew/ Control 2 nd Long Box (Rocking, Grasshopper, Swimming) SHORT BOX I, II, III, IV, V Mermaid LONGSPINE (LEG CIRCLES) KNEE STRETCHES I, II, III RUNNING PELVIC LIFT Balance Control I, II, III Splits: Side	FOOTWORK SERIES I,II,III, IV THE HUNDRED Overhead Coordination Rowing 1,2,3,4, (5,6) Swan (Barrel / Box) Pull Straps I, II Backstroke Teaser Breaststroke Horseback Long Stretch Down Stretch Up Stretch Elephant Arabesques Long Back Stretch STOMACH MASSAGE Tendon Stretch I, II, III (IV) SHORT SPINE MASSAGE Semi-Circle Chest Expansion Thigh Stretch Backbend Front Chest Expansion Mermaid Snake/Twist SWAKATE SERIES Tick Tock / Corkscrew/ Step Off 2nd Long box series SHORT BOX SERIES LONG SPINE MASSAGE / (LEG CIRCLES/ FROG) KNEE STRETCH SERIES RUNNING PELVIC LIFT Balance Control Series Splits	Footwork Hundred Overhead Coordination Rowing Series Pull Straps T Straps Backstroke Teaser Breaststroke Horseback Long Stretch Down Stretch Up Stretch Elephant Elephant - One Leg Back Long Back Stretch Stomach Massage Series Short Box Series Short Spine Massage Semi Circle Chest Expansion Thigh Stretch Arm Circles Snake Twist Corkscrew Tick Tock Balance Control Step Off Long Spine Massage Leg Circles and Frogs Knee Stretch Series Running Pelvic Lift Push Up Front Push Up Back Splits